



Giblet and Mushroom Bread Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



433 kcal

SIDE DISH

Ingredients

- ☐ 11 cups cubes country bread white with crust (1 pound)
- ☐ 0.5 cup cubes celery
- ☐ 0.5 cup cubes celery root peeled (celeriac)
- ☐ 6 ounce crimini mushrooms thinly sliced (baby bella)
- ☐ 2 tablespoons parsley fresh divided chopped
- ☐ 1 garlic clove minced
- ☐ 4 cups low-salt chicken broth
- ☐ 0.3 cup onion minced

- ☐ 1 tablespoon oregano dried
- ☐ 2.5 tablespoons sherry wine vinegar
- ☐ 1 giblets from turkey (liver, neck, heart, and gizzard)
- ☐ 10 tablespoons vegetable oil divided

Equipment

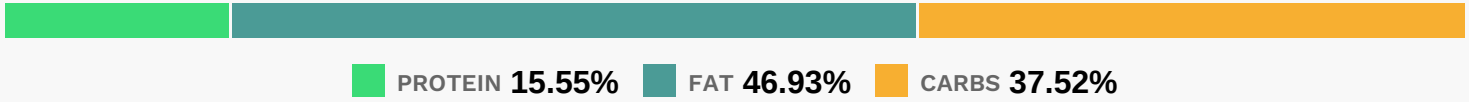
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Chop liver and transfer to small bowl; cover and refrigerate. Bring broth, neck, heart, and gizzard to boil in heavy large saucepan. Reduce heat to medium; simmer 1 hour. Strain broth into medium bowl; reserve.
- ☐ Remove meat from neck; place in small bowl. Chop heart and gizzard; add to bowl with neck meat.
- ☐ Heat 2 tablespoons oil in medium skillet over medium heat.
- ☐ Add onion and garlic; sauté until tender, about 3 minutes.
- ☐ Add reserved liver; sauté until cooked through, about 4 minutes.
- ☐ Add chopped neck meat, heart, and gizzard, 1 1/2 cups of reserved broth, and 1/4 cup oil. (Dressing can be made 2 days ahead; cover and refrigerate dressing and any remaining broth separately.)
- ☐ Preheat oven to 400°F. Divide bread cubes between 2 rimmed baking sheets.
- ☐ Drizzle 2 tablespoons oil over bread on each sheet; toss to coat. Toast bread in oven until golden brown, turning once, about 10 minutes.
- ☐ Transfer to large bowl.
- ☐ Add mushrooms, celery, celery root, 1 tablespoon parsley, and oregano to bread. Bring dressing to simmer; remove from heat. Stir in vinegar.

- ☐
- Pour dressing over bread mixture; toss. If desired, drizzle remaining broth by tablespoons over bread mixture to moisten.
- ☐
- Sprinkle remaining chopped parsley over.
- ☐
- Let stand at least 10 minutes and up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:27.46, Glycemic Load:20.09, Inflammation Score:-10, Nutrition Score:30.06521724618%

Flavonoids

Apigenin: 2.57mg, Apigenin: 2.57mg, Apigenin: 2.57mg, Apigenin: 2.57mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 433.08kcal (21.65%), Fat: 22.85g (35.16%), Saturated Fat: 3.81g (23.81%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 37.23g (13.54%), Sugar: 5.42g (6.02%), Cholesterol: 101.57mg (33.85%), Sodium: 458.52mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.06%), Vitamin A: 4129.23IU (82.58%), Vitamin B12: 4.12µg (68.71%), Selenium: 42.94µg (61.35%), Vitamin K: 61.32µg (58.4%), Manganese: 1.08mg (53.78%), Vitamin B3: 9.52mg (47.6%), Vitamin B2: 0.77mg (45.53%), Folate: 178.74µg (44.68%), Iron: 5.32mg (29.58%), Vitamin B1: 0.39mg (26.22%), Phosphorus: 244.89mg (24.49%), Copper: 0.47mg (23.72%), Vitamin B5: 2.2mg (22.04%), Vitamin B6: 0.36mg (17.95%), Fiber: 3.88g (15.5%), Zinc: 2.22mg (14.8%), Calcium: 130.48mg (13.05%), Potassium: 435.4mg (12.44%), Vitamin E: 1.79mg (11.94%), Magnesium: 46.99mg (11.75%), Vitamin C: 2.98mg (3.62%), Vitamin D: 0.27µg (1.77%)